

Patent Application of
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for
TITLE:WRESTLING MOVES TRAINING DEVICE

CROSS-REFERENCE TO RELATED APPLICATIONS

This application is entitled to the benefit of Provisional Patent Application Ser.#60/408418, filed 2002 September 5.

BACKGROUND--FIELD OF INVENTION

This invention relates to a human being size device that a variety of wrestling moves can be practiced on.

BACKGROUND--DESCRIPTION OF PRIOR ART

A search in the Cleveland and Akron patent libraries in 1999 revealed no category for wrestling devices.Only an arm wrestling category was shown in the designated category.Prior to 1999 I had never seen a device that could be wrestled. Subsequent to 1999 I have never seen a device or any art work that could be wrestled other than the one that I have invented in 1999.

SUMMARY

In accordance with the present invention a rigid structure resembling a human being on all fours that offers resistance as user applies pressure movements.

OBJECTS AND ADVANTAGES

From the description above, a number of advantages of the wrestling moves training device become evident:

- (a) affords the wrestler with no training partner the opportunity to wrestle.
- (b) affords the wrestler the convenience of training in the privacy of a home.
- (c) affords the wrestlers the opportunity to practice hundreds of moves without partner fatigue.
- (d) affords the wrestler a method to lose weight without running.
- (e) affords the wrestler the opportunity to build enduring strength at angles necessary to perform wrestling moves competitively.
- (f) affords the wrestler the opportunity to rehabilitate an injured body part at their own pace without risking reinjury.
- (g) affords the wrestler the opportunity to tournament train at home by wrestling for six minute intervals throughout the day.

DRAWING FIGURES

Fig 1 isometric assembly view

Fig 2 partially exploded isometric view

Fig 3 partially sectioned isometric view

Fig 4 sectioned side view

Fig 5 top view

Fig 6 sectioned view taken from line 6-6 on Fig4

Fig 7 sectioned view taken from line 7-7 on Fig 4

Fig 8 rear view of upper torso

Fig 9 bottom view of hips

Fig10 sectioned side view with padding and warm up covering

Drawing Reference Numerals Worksheet

PART NAME	PART NAME
20A torso frame	84 arm cylinder
20B torso frame with holes	86 arm wood plug
20C torso mending plates with holes	88 arm extension spring bolt
96A hip frame	90 washer for bolt 88
96B hip frame with holes	92 nut for bolt 88
96C hip mending plate with holes	94 arm opening for 144
22 torso mending plate front	55 head spacers
24 torso mending plate rear	98 hip mending plate
26 torso lid front	100 hip top lid
28 torso lid rear	102 hip bottom lid
30 head mending plate	104 thigh mending plate
32 torso lid bottom	106 hip to torso extension springs
34 head threaded rod	108 hip threaded rod
36 head extension spring	110 nut for threaded rod 108
38 eyebolt head attachment	112 hip eyebolt
40 washer for eyebolt head attach.	114 washer for eyebolt 112
42 nut for eyebolt head attachment	116 nut for eyebolt 112
44 lower head endcap	118 hip to thigh extension spring
46 head cylinder	120 thigh upper endcap
48 upper head endcap	122 thigh cylinder
50 head bolt	124 thigh lower endcap
52 head nut	126 thigh extension spring bolt
54 torso threaded rod rear	128 nut for bolt 126
56 nut for torso threaded rod rear	130 calf extension spring
58 torso eyebolt rear	132 calf endcap with holes
60 nut for torso eyebolt rear	134 calf cylinder
62 washer for torso eyebolt rear	136 calf rear endcap
64 2x4 securement for eyebolt and rod	138 calf extension spring bolt
66 shoulder inner endcap	140 nut for bolt 138
68 shoulder cylinder	142
70 shoulder outer endcap	144 attachment method
72 shoulder inner endcap bolt	146
74 washer for bolt 72	148
76 nut for bolt 72	150 screws
78 shoulder extension spring bolt	152 padding material
80 nut for bolt 78	154 warm up covering
82 arm extension spring	156

DESCRIPTION-- Fig s. 1-10 --Preferred Embodiment

A preferred embodiment of the wrestling moves training device is illustrated in Fig 1. A torso frame 20a and a torso frame with holes 20b are cut and drilled from two by four wood. A torso mending plate with holes 20c is cut with a hole saw to form the holes. Mending plates are of the type used in the lumber industry. Fig 8 shows torso frame 20b and mending plate 20c best. A screw 150 is used to attach plate 20c to frame 20b. Screw 150 is used to attach a torso mending plate front 22 and a torso mending plate rear 24 into a rectangular shape. A torso lid bottom 32 is cut to size from 3/4 inch plywood and screwed to frame 20a and frame 20b using screw 150.

ARM ASSEMBLY

The following description can best be seen in Fig 2. An arm cylinder 84 is cut to length from two inch plumbing pvc. An arm wood plug 86 is cut to size from 2x2 wood and hammered into the bottom of cylinder 84. A hole 94 is made at the lower end of cylinder 84. A hole is made in cylinder 84 at the location of an arm extension spring bolt 88. An arm extension spring 82 is inserted into the top of cylinder 84. Bolt 88 is inserted through cylinder 84 and extension spring 82 and a washer 90 and a nut 92 is attached securely to bolt 88.

SHOULDER ASSEMBLY

The following description can best be seen in Figs 2 and 5.

A shoulder inner endcap 66 is positioned on plate 22. All endcaps described in the shoulder assembly are four inch schedual 40 pvc. Drill four holes through endcap 66, plate 22 and frame 20a. Attach endcap 66 with a shoulder inner endcap bolt 72 and secure bolt 72 with a washer 74 and a nut 76. A shoulder cylinder 68 is cut to size from schedual 40 pvc. A shoulder outer endcap 70 is placed over cylinder 68. Cylinder 68 is now inside endcap 66 and endcap 70 and not visible. A hole saw cuts an inch and a

half hole into the bottom of this assembly to permit extension spring 82 to slide into it. A hole is made in the center of endcap 70, plate 22 and frame 20a. Endcap 70, cylinder 68 and endcap 66 are glued and assembled quickly. A bolt 78 is passed through endcap 70, extension spring 82, into the holes just made in endcap 66, plate 22 and frame 20a. A nut 80 for bolt 78 secures this assembly. Complete the other arm and shoulder assembly in the same manner.

HEAD ASSEMBLY

The following is best seen in Figs 2,6,7. A torso lid front 26 and a torso lid rear 28 is cut to size from 3/4 inch plywood. A head mending plate 30 is attached to lid 26 by screw 150. A hole saw is used to cut through plate 30 and lid 26. A head threaded rod 34 is cut to size. A spring consistently used throughout this specification will be referred to as extension spring. Extension springs are approximately 15 inches long and made of 1/4 inch coiled wire. The diameter is 1 inch and has 50 coils. The ends of the extension spring are closed loops allowing bolts or threaded rods to pass through. The spring requires human effort to bend. An eyebolt head attachment 38 and a head extension spring 36 is slid onto rod 34. A hole is drilled into lid 32 for eyebolt 38 to pass through. A washer 40 for eyebolt 38 and a nut 42 for eyebolt 38 is attached. Lid 26 is placed over spring 36 and secured with screw 150. A lower head endcap 44 is drilled at the bottom to allow spring 36 to pass through. The endcaps are 6 inch diameter pvc. A head cylinder 46 is cut to size. Glue endcap 44 with pvc cement and slide cylinder 46 until it seats into endcap 44. A hole is made at the location of 50 and 52. A head spacer 55 is cut to size from 1/2 inch pvc. A head bolt 50 passes through the hole made in cylinder 46, spring 36, head spacer 55 and a head nut 52 attaches to bolt 50. An upper head endcap 48 is glued and placed over cylinder 46 until it is seated. This concludes the head assembly.

STOMACH AREA OF THE TORSO

This area can best be seen in Figs 4 and 5. A 2X4 securement for eyebolt and rod 64 is cut to size. 2X4 64 is drilled in two locations. A torso eyebolt rear 58 is inserted in hole made in 2X4 64. A washer 62 and a nut 60 is attached and secures eyebolt 58. A torso threaded rod rear 54 is cut to size. A hole is drilled through plate 24 and frame 20A. A hip to torso extension spring 106 is passed through holes in frame 20B and plate 20C. Rod 54 is inserted through hole drilled in plate 24, frame 20A, extension spring 106 and eyebolts 58. A nut for torso rod 56 is attached at both ends of torso rod 54. Screw 150 that attaches plate 24 to frame 20A is also used to attach 2X4 64. Lid 28 is placed on top of frame 20A and frame 20B and secured with screw 150. This concludes the stomach area.

CALF AREA

This area can best be seen in Figs 3,4,5. A calf cylinder 134 is cut to length from 4 inch pvc. A hole is made in cylinder 134 at the location of a calf extension spring bolt 138. An extension spring 130 is inserted into cylinder 134. A calf rear endcap 136 is drilled to make a 1 inch diameter hole. A chain 144 is cut to length and inserted through endcap 136. Endcap 136 is glued and seated securely to cylinder 134. Bolt 138 is inserted through hole in cylinder 134, spring 130, chain 144 and cylinder 134. A nut for calf bolt 140 is attached to bolt 138. A calf endcap with big holes 132 is drilled with a hole saw to make two large holes. Spring 130 passes through the two holes in endcap 132. Endcap 132 is glued and slid over cylinder 134 and seated securely. This concludes calf assembly on one side. Perform the same procedure on the other side.

THIGH AREA

This area can best be seen in Figs 2,3,4. A thigh cylinder 122 is cut to size from 6 inch diameter pvc. A thigh lower endcap 124 is glued

and slid over and seated securely on the lower end of cylinder 122. A small hole is made through both sides of endcap 124 and cylinder 122. Drill two inch and a half holes with a hole saw into endcap 124 and cylinder 122 so that spring 130 can pass through from calf assembly. A thigh extension spring bolt 126 is passed through the small hole , endcap 124, cylinder 122, spring 130 and to the other side. A nut for bolt 128 is attached to bolt 126. Drill another small hole into both sides of cylinder 122 at the middle. An extension spring 118 is inserted in the top of cylinder 122. Thigh extension spring bolt 126 is inserted through the small hole in the middle of cylinder 122, spring 118 and to the other side of cylinder 122. A nut for bolt 128 is secured to bolt 126. A thigh upper endcap 120 is drilled with a hole saw to make two inch and a half holes. Glue endcap 120 and place over the top section of cylinder 122. This allows spring 118 to pass through both large holes. Seat endcap 120 to cylinder 122. Perform assembly on the other thigh. This completes the thigh assembly.

HIP AREA ASSEMBLY

The hip area can best be seen in Figs 4,5 and 9. A hip frame 96A and a hip frame with holes 96B are cut from 2X4 wood in two different lengths. A hip mending plate 96C is attached to frame 96B with screws 150. Four inch and a half hole saw holes are drilled into frame 96B and plate 96C. A mending plate 98 is secured to frame 96A and 96B with screw 150 forming a rectangle. A hip top lid 100 and a hip bottom lid 102 is cut to size from 3/4 inch plywood. Attach lid 102 to bottom of frame 96A and frame 96B with screw 150. A thigh mending plate 104 is attached to lid 102 with screw 150. Using an inch and a half hole saw make two holes in each plate 104. A hip threaded rod 108 is cut to length. A small hole is made in plate 98 and frame 96A on both sides of the shorter pieces. Drill two small holes in the longer frame 96A. A hip eyebolt 112 is inserted into a washer 114. Eyebolt 112 and washer 114 are inserted into frame 96A where the two small holes were drilled. A nut for eyebolt 116 is attached to eyebolt 112.

TORSO EXTENSION SPRING AND THIGH EXTENSION SPRING MERGER IN HIP ASSEMBLY

The following can best be seen in Figs 4 and 5. Slide spring 106 into holes of frame 96B and plate 96C. Slide spring 118 into holes of plate 104 and lid 102. Hip rod 108 is passed through a small hole in plate 98 and frame 96A. Rod 108 proceeds through all four extension springs 106, all four extension springs 118, eyebolts 112 and is attached on both ends of frame 96A with a nut 110. Lid 100 is placed on top of frame 96A and 96B and secured with screw 150.

COMPLETION

This entire assembly is wrapped with a padding material 152 and glued in place. The padding material is the cylinder type that is used in wrapping cold water lines in the insulation industry. The same type material in sheet form is used to wrap larger areas that are flat and do not have a cylindrical shape. The thickness of the padding is 1/2 inch or 3/4 inch. This entire assembly is then placed into a warm-up suit 154.

ADDITIONAL EMBODIMENTS

These are not shown in any Fig. The addition to the calf area, of a foot could be added in another variation of the device. This also would be done in cylinder, bolt, nut and endcap assembly procedure. This would allow other wrestling moves to be performed. A hand also could be added to the device. Repositioning the head so that it would exit the front area of the torso can be done. In this method if you laid the device on its back on the ground it would lie flat with no arch or wrestling bridge. In contrast, the preferred embodiment has a built in bridge or arch when it is laid on its back. The torso area can also be made out of a 8 inch pvc cylinder. The hips also can be made from 6 inch pvc cylinders. Mending plates would still be used to strengthen the structure. This would do away with the 2X4 wood and plywood.

OPERATION Fig 10

The manner of using the wrestling moves training device is similar to the methods learned in the sport. A wrestler could turn it over and try to pin it. A wrestler could place the device over their shoulders and stand up with it. They could practice fireman carries. This means the wrestler has the option of not being attached to a padded mat. A wrestler has the option of using a padded board with holes. The chains or ropes ¹⁴⁴ would be attached to the device and to heavy duty rubber bands. These rubber bands would be attached to the holes in the padded board. This process enables the wrestler to increase the difficulty in performing wrestling moves. There is no end to the types of moves that can be performed. Police departments will be able to cuff the device. All martial arts disciplines will be able to perform some techniques on this device.

CONCLUSION, RAMIFICATIONS, and SCOPE

Accordingly, the reader will see that the wrestling moves training device can be used by the athlete to train with in the sport of wrestling. Those skilled in the sport will see the device and the resemblance to an opponent that they would wrestle. They would recognize similar body parts and know how to apply wrestling moves. Although the description above contains many specificities, these should not be construed as limiting the scope of the device but as merely providing illustrations of some of the presently preferred embodiments of this invention. For example, the torso could be made from a machined mold to more closely resemble a chest, shoulder and stomach. The head and neck area also could more accurately look like a human. In fact the entire invention could have bulges and shapes more likely to resemble muscles. The device could be of a variety of sizes to accommodate different size athletes. The device could be made heavier through the use of gravel bags added to the cavities in the thighs, head and torso. Extension springs can be

made so that they are more difficult to bend. Extension springs can be shorter or longer or of a smaller or larger diameter. Other embodiments may only require one extension where Fig 1 may show up to four springs. In fact springs could be replaced with other materials to allow joint like movement. Other groups of people ,such as police ,military, fitness centers and martial arts just to name a few could use this device. Thus the scope of the device should be determined by the appended claims and their legal equivalents, rather than by the examples given.